



Low-Cost and Free Food Programs in Agassiz

"Updated as of: April 2019 These programs can change frequently-please call before attending to confirm details. Lists updated yearly by the Public Health Dietitians-send updated to Jane Wark: jane.wark@fraserhealth.ca

Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Food Banks Provide food and emergency hampers. To register bring: proof of address, proof of income source and care cards for every family member.												
Food Bank - Emergency	Ag-Harrison Community Services 7086 Cheam Ave, Agassiz	604-796-2585 emailinfo@agassizcs.ca	http://agassiz-harrisoncs.ca/services/emergency-food-bank	Available to residents in need of short-term assistance and can be accessed once a month per household by applying in person at the AHCS main office.	FREE				10 am - 12 pm 1 pm - 3 pm			
Food Bank - Christmas Bureau	Ag-Harrison Community Services 7086 Cheam Ave, Agassiz	604-796-2585 emailinfo@agassizcs.ca	http://agassiz-harrisoncs.ca/services/emergency-food-bank	The Christmas Bureau is available to residents in need during the holiday season. Residents of Harrison Hot Springs and District of Kent can apply to receive a special food hamper that consists of holiday groceries to make a Christmas breakfast and Christmas dinner. Residents can also access of winter coat closet and toy shop which consists of community donated winter clothing, blankets, hygiene products as well as toys and gifts for young children and teens. Registration for the Christmas Bureau is open until November 15th, 2019.	FREE							
Food Bank	Muslim Food Bank Lower Mainland 101-13085 115 Ave. Surrey	1-866-824-2525	https://www.muslimfoodbank.com	Volunteers at the food bank distribute food hampers, baby supplies, used clothing, baby and other household items to our clients. Food hampers that are catered to specific dietary needs (vegan and religious dietary restrictions) for low-income residents of British Columbia. Clients call to register. Hampers to be pick up at the Surrey location. For those who don't have dietary restrictions, we refer them to the local food banks in their areas. Clients need to bring picture ID, proof of income & proof of address	FREE						1st and 3rd Saturday of each month 7:30 - 10:30 am	
Community Meals												
Community Dinner	Agassiz Christian School Gymnasium 7574 Morrow Rd Kent, BC	Olive Branch - Agassiz Christian Reformed Church Sylvia Pranger 604-796-9772	http://agassizcrc.ca/#/ministries/olive-branch	The Olive Branch is a community based program providing nutritious meals free of charge for those needing a dinner or some company. Meals are served in the gym of the Agassiz Christian School	FREE		5:00 PM					
Programs with Food												
Better Beginnings Prenatal Nutrition Program	Agassiz Harrison Community Services Family Parenting Place 7272 Morrow Road Agassiz, BC V0M 1A0	Sarah 604-796-0313 familyplace@agassizcs.ca	http://agassiz-harrisoncs.ca/services/family-parenting-place	This Canada Prenatal Nutrition Program funded by Health Canada is a weekly group providing education, information, and resources to women during pregnancy and the first six months after giving birth. Better Beginnings runs weekly on Tuesday from 10AM-1PM. Supports include: - Weekly: Families can access local grocery store for milk, eggs, dairy, and other proteins at no charge. - Monthly: Families can access fruit and vegetable box at no charge. To be eligible participants must attend Better Beginnings at least twice in that month. - Prenatal vitamins and vitamin D drops - Free diapers - Free and healthy meal for parents and children during program	FREE		10 am - 1 pm					

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Food Skills for families program	Canadian Diabetes Association BC / Yukon - see website for local community contacts and dates	604-732-1331 ext 248 foodskillsforfamilies@diabetes.ca	http://www.foodskillsforfamilies.ca/	Food Skills for Families is a hands-on program that makes healthy eating, shopping and cooking easy, quick and fun. Over 6 sessions, people learn how to make healthy meals, snacks and beverage choices and gain confidence in the kitchen. Programs are delivered to at risk populations, are supported by The Canadian Diabetes Association, and focus on healthy eating, not diabetes. Phone or check website as programs are run at different locations / times	FREE							
Grocery and Meal Delivery												
Better Meals	5742 Beresford Str, Burnaby	604-299-1877 1-888-838-1888 sam@bettermeals.ca	www.bettermeals.ca	Fully cooked and frozen meals, including soup, entrée & dessert, with Regular and diet items available: diabetic, low salt and expanded pureed entrees menu options and a la carte items are available. No MSG or preservatives added. Order online or by phone. Ordering by 2 pm 2 business days before delivery day For payments via Visa or Mastercard, please call the office prior to delivery	Prices Varies see website Regular entrée \$6.75 Free delivery for all areas with \$30 minimum order	Order Hours 8:30am- 3pm Delivery Day Agassiz, Harrison Mills, Harrison Hot springs 4th Monday of the month	Order Desk Hours 8:30am- 3pm	Order Hours 8:30am- 3pm Delivery Day Agassiz, Harrison	Order Desk Hours 8:30am- 3pm Delivery 2nd and 4th Thursday of the month depending on address Cash only	Order Desk Hours 8:30am- 3pm		